Missouri Eat Smart Guidelines for Child Care
Application Checklist

Use the checklist below to help ensure you include all the information needed for a successful application for the intermediate or advanced level. Mark off each item as you add it to your application packet.

Items to include in your Eat Smart Guidelines for Child Care Application Packet

☐ Eat Smart Guidelines for Child Care Application Form
☐ A copy of at least four weeks of your menus (as served) or your cycle menu (be sure to include any substitutions)
☐ A copy of the menu as it is displayed in your facility
☐ Recipes or food labels (including ingredient list) for foods used to meet the whole grain criteria
☐ The Nutrition Facts panel for cereals served on the menu turned in with application
☐ The Nutrition Facts panel for any processed, breaded meats served on the menu submitted (*Note: This is needed only if more processed, breaded meats are served than the guideline allows.)*
☐ The food label from low sugar syrups and jellies used
☐ The food label from any fruit juice served (to ensure it is 100% juice)
☐ A copy of any policies relating to nutrition or meal service—may include policies on foods brought from home, fundraising, staff responsibilities at meal times, etc.
☐ A copy of any materials provided to parents, such as a parent handbook that includes information about meal service or celebrations

Additional Items Needed if Applying for Advanced Level Recognition

☐ Brief statement on:
  1. How your menus reflect the culture and ethnicity of the children in care (See Guideline P.2.A)
  2. How children have input on the food and menus served (See Guideline E.1.A)
☐ Name of nutrition curriculum used (See Guideline E.8.A)

Helpful Hints

☐ Be sure to list the type of milk served (low-fat, skim, whole).
☐ Be sure to list any condiments served with foods, such as syrups, salad dressing, barbeque sauce, etc.
☐ Identify form of produce served (canned, fresh, dried or frozen)